

THE CITIZEN

Vol. 36, No. 7

U.S. Army Garrison Stuttgart

May 1, 2007

Stuttgart, Oberammergau and Garmisch, Germany

Area youth share vision of peace at home, abroad

USAG Stuttgart hosts
German-American
Leadership Conference
— Pages 8/9 —

"Every Breath" courtesy of Leia Kagawa

Stuttgart and Garmisch youth took part in the Garrison-wide Peace Project Art and Essay Contest in March. The contest was hosted by the USAG Stuttgart Family Advocacy Program and Child and Youth Services. Young artists and writers were honored during the April 18 German-American Leadership Conference.

INSIDE THIS EDITION

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Youth reach new heights at 'Challenge'

U.S. Army Installation Management Command Europe Region will host a variety of summer camps designed to challenge middle and high school teens.



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Wardawgs return home after year downrange

Family and friends welcomed home Soldiers from the Stuttgart-based 554th Military Police Company during an April 11 ceremony in the Panzer Fitness gym.



Youth evaluate prospects for peace

End discrimination, eradicate pollution

By Tess Chaffin
Commentary

I have a lot of ideas about how to make the world a better place. Like being nice to each other [and] not using weapons. In the paper below I express my thoughts and ideas.

I would travel to each country and try to help settle their conflicts without guns, swords or any kind of weapons. They would learn that everything is much easier without weapons.

I would also teach that they should treat women not like property, but with respect.

I would also show the world that animals need to stay alive and that pollution is a big fact in the world.

Countries would share their resources because they would understand that it is much easier.

My conclusion is that the world would be a better place without fighting wars, discrimination against women and pollution.

These are just some ideas, there is a lot more to do in our world.

Chaffin, 11, is a fifth-grade student at Garmisch Elementary/Middle School. This essay placed first in the third-to-fifth grade category.



To create peace, practice tolerance

By Veronica Gaucher
International School of
Stuttgart

Our world today is filled with violence and hate due to the inability to tolerate other peoples' customs and beliefs.

When one person of a specific belief tolerates another with a different belief, there is no conflict – no dispute.

This, however, is not the case in the modern world. It seems that the goal of many different belief centers or religions try to force their ideas upon another's. This is not only intolerant, it is inhumane.

The answer seems simple – allow others to believe what they wish to believe. With this simple solution everyone would be able to believe what he or she wishes to believe. The problem with this solution is that in many beliefs or religions, one is told to try to convert your neighbor – to help them "see the truth." It is this statement that creates mania in the world as we know it.

When one stops and thinks about the conflicts in the world today, he or she realizes that they are all caused because one group of people is trying to do what they think is right. This is the thought that gives me hope. Though people are creating dispute, they are doing it with the intentions to spread "goodness." This shows that people, though they are creating havoc, are trying to help others.

To be truly helpful, in my opinion, one must not only hold his or her own beliefs, but understand other beliefs as well. When one has knowledge of other belief systems, he or she is able to look at conflicts in many different perspectives.

They are able to see problems through their eyes, as well as their supposed enemy's eyes. When these different perspectives are assimilated by an individual, one is able to see that both sides are fighting for the same cause.

This is how I contribute to the world around me. I try to have knowledge of different beliefs so I am able to look at a problem through another's eyes. When I look at a conflict through another's eyes, it becomes evident that the argument or dispute is really one party trying to help another.

A perfect example of this is an argument with one's parents. Suppose that in an argument with your parents you argue for a later curfew. Your parents obviously provide counter-arguments. Though you're arguing for staying out later and potentially having a better time, your parents are arguing that the next morning you'll be tired.

If you as a child were to stop and look at this conflict through your parents' eyes, you will see that they are arguing for your sake and that their intentions are good.

This understanding of others' beliefs is a way to end conflicts. However, I can not force this belief onto others, for that would counter everything. The only way the end of conflicts can be reached is if everyone comes to this conclusion. Everyone needs to realize that in order to tolerate others' beliefs, they must understand those beliefs.

For when they understand them, they'll realize that there isn't a conflict at all – just a different way of expressing the right thing.

Gaucher, 17, a senior at the International School of Stuttgart, placed first in the ninth-to-12th-grade category.



Courtesy, respect form foundation of peaceful homes

Anne Marie Henselman
Commentary

In my house we try to have peace. It's important to have a place you like going to and feeling comfortable.

I make peace in my home by being nice to my sister and brother.

I make peace by being courteous to everyone in my home.

I also try to keep a cool head and not lose my temper with other people.

My sister and brother are younger than I am. When I am nice to them they learn how to treat other people and that will help them at home as well as outside at school.

Being nice means not raising your voice, not saying things that hurt the feelings of other people and being patient with them.

I think this also shows the other people that you respect them and like being with them. I know that respect and kindness in a home makes everyone happy to be there.

Being courteous includes using good manners, like saying "thank you" and "please."

To be polite also means taking turns and not being pushy with others. It doesn't mean always giving in, but using manners to tell others your thoughts or how you want to be a part of an activity.

The last thing I think is important is to not lose your temper. It's easy to get upset with sisters and brothers, but exploding usually only makes it worse.

If you do lose your temper, you should apologize and figure out what went wrong and make sure it doesn't happen again and so peace will return.

If you can keep a cool head and be nice to people, you are most likely to have peace in your home. And then you can enjoy the quiet.

Having peace anywhere is good. Having peace in your home is especially important.

No one wants to have fights in their home. A home should be a place to relax in and enjoy the quiet and peace. Not all homes are like that, though.

There are people that don't even have a place to stay and call home. It's sad to think others cannot enjoy what we are so lucky to have.

There are children who have parents who treat them like slaves or worse. Those children would love to have parents who care for them and cheer them up when they are sad.

In my home we try to make peace always. I'm lucky to be part of this home.

I hope one day all homes will have the peace I've known.

Henselman, 11, is a sixth-grade student at Königen Olga Stift. This essay was the winner of the sixth-to-eighth-grade category.



THE CITIZEN

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www.stuttgart.army.mil

ABOUT THE ESSAYS

The essays reprinted on this page were the three category winners from a "Peace Project Essay Contest" sponsored by U.S. Army Garrison Stuttgart's Army Community Service.

Students who entered the contest were asked to respond to one of three prompts:

- How can I promote peace in my home?

- How can I promote peace in my family?
 - How can I promote peace in my community?
- The Peace Project also included an art competition. For the art results, see pages 8 & 9 in this edition. For more about the Peace Project, call 431-3342/civ. 07031-15-3342.



Company Commander Cpt. Donald Davidson and Soldiers of the 554th Military Police Co. bow their heads in prayer during the unit's April 11 Welcome Home ceremony held in the Panzer Fitness Center gym.

Stuttgart military community honors Wardawgs after year downrange

Story & photo by Brandon Beach

Family and friends gathered in the Panzer Fitness Center gym to welcome home Soldiers from the 554th Military Police Company during an April 11 ceremony.

The 554th Soldiers, referred to as the Wardawgs, were deployed to northern Afghanistan in support of Operation Enduring Freedom from Feb. 15, 2006 to Feb. 22, 2007.

"Today we take a moment to pause in our deployment-driven high-paced Army to recognize an outstanding unit," said Lt. Col. John Bogdan, commander of the 95th MP Battalion in Mannheim. "The Wardawgs have built a reputation of excellence throughout the military police corps."

Following the chaplain's invocation and national anthem, Cpt. Donald Davidson, commander of the 554th MP Co., recognized the efforts Soldiers exercised every day of their deployment.

"Policy makers talk about a lot of

things, like shaping governments and rebuilding nations," said Davidson, who addressed the five platoons standing in formation. "But the Soldiers you see before you were the ones who made those things actually happen."

In addition to the Soldiers, Davidson thanked the families and the Stuttgart community for their "willingness to go the extra mile for us."

During their year-long deployment, 554th Soldiers completed more than 600 missions, from training local police squads to escorting commanding generals. They were awarded 38 Combat Action Badges, 13 Bronze Stars, four Purple Hearts and eight Army Commendation medals.

"We served with honor and can proudly hold our heads high," said Davidson. "But we did not come through this without loss."

Cpl. Jeffrey Roberson and Staff Sgt.

*We served with honor
and can proudly hold
our heads high.*

Cpt. Donald Davidson
554th MP Co. Commander

Michael Shank died of injuries Nov. 28, 2006, after a roadside bomb exploded near their vehicle in Logar, Afghanistan. Both Soldiers were assigned to the 230th MP Co. in Kaiserslautern and were attached to the 554th as part of Operation Enduring Freedom.

Back at home, Mia Rivers, wife of 554th's own Sgt. David Wills, died last year unexpectedly after giving birth to their third child.

"Their passing will never be forgotten," said Davidson. "We are better people to have known them."

News & Notes

Community Housing Info Fairs

The Stuttgart Military Housing Office will conduct Information Fairs on the following dates and locations:

• **Kelley Barracks** – May 5, 11 a.m. to 2 p.m., on the open field entering Vesta Strasse.

• **Robinson Barracks** – May 12, 11 a.m. to 2 p.m., in the gazebo next to the Community Club.

Bring the kids and enjoy lunch on us. Meet the members of your USAG Stuttgart Housing team and hear about projects and changes affecting your neighborhood.

For details call 431-2238/ civ. 07031-15-2238.

Help our Wounded Warriors

The Stuttgart chapter of "Sew Much Comfort" gives all community members an opportunity to assist wounded service members during their recovery and rehabilitation. The group creates, collects and provides adaptive clothing that fits comfortably over medical devices such as casts and prosthetics.

For information visit www.sewmuchcomfort.org.

Summer Hire Registrations

Applications for the 2007 Summer Hire Program will be accepted until May 11. This program, which runs from June 25 to August 3, is open to family members between the ages of 14 and 22 years old. Jobs are available in the areas of clerical, labor, and child development work.

A web-based employment application, detailed information and the required in-processing forms are all available at Summer Hire Program Web page: <http://cpolrhp.belvoir.army.mil/eur/staffing/summerhire/default.htm>.

Summer Hire Program in-processing packets must be completed and turned in to the Stuttgart CPAC office no more than eight days after applicants submit their web-based resume.

For more information, e-mail oscar.bocanegra@us.army.mil.

Support your local rugby team

Come out and support your local ruggers as the Stuttgart Rugby Club takes to the field against HRK II May 5, 2:30 p.m., in Degerloch's Sportplatz Hohe Eiche (near Kelley Barracks behind Daimler Chrysler). This is the last home game of the season for Stuttgart, who finished as Baden-Württemberg League Champions for 2007.

For more information visit www.rugby-stuttgart.de or e-mail Deane Shephard at deane.shephard@us.army.mil.

Supply Drive for Fischer House

The Stuttgart-area Girl Scouts are collecting supplies for the Landstuhl Fisher House. Items needed include paper products such as plates, napkins, cups, towels and toilette paper; plastic utensils; cleaning supplies and office supplies.

Collection sites are located at chapels, Shoppettes and commissaries on all Stuttgart-area installations, and in the AAFES "Mall for All" on Panzer Kaserne.

For a full list of needed items visit <http://www.stuttgart.army.mil/sites/services/girlscouts.asp>.



USAG Stuttgart & Garmisch

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Taking Care of Soldiers & Families Since 1942

Army Emergency Relief

Help Continue This Great Tradition – Donate Today

U.S. European Command

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IMCOM-Europe set to host battle of bands, talent show contests in Ansbach

IMCOM Europe Region
Public Affairs Office Release

Soldiers in Europe need to start tuning their guitars and warming up their vocal cords.

Installation Management Command-Europe is hosting its annual Battle of Bands and Stars of Tomorrow talent competitions May 26 and 27 respectively at the Katterbach Fitness Center in Ansbach, Germany.

The Battle of Bands competition for amateur Soldier recreation bands will be held May 26, while the Stars of Tomorrow talent competition will be held May 27. Both events start at 2 p.m.

Winners will be announced at the end of each day's competition, and prizes will be awarded, said Jim Sohre, IMCOM-Europe entertainment director.

Each garrison will establish open selection processes or will host competitions to send qualified participants to the IMCOM-Europe-level competitions.

While the Battle of Bands emphasis is on all-Soldier groups, bands can be comprised of other members. However, each band must be formed entirely of U.S. ID cardholders, with at least 50 percent of the group being



photo by Brandon Beach

Bands will "battle" on stage for top honors May 26 in Ansbach, Germany.

active-duty Soldiers, with no more than half of them being members of an official Army band.

Family members (18 and older), DoD

civilians and servicemembers from the Navy, Marines or Air Force also may participate, providing they can show that they have consistently performed as part

of the group.

The Stars of Tomorrow talent competition is the Army's version of "Star Search," where soloists, instrumentalists, dancers, actors and other small groups compete.

Categories include: male and female vocal solo; vocal duet; vocal solo self-accompanied; instrumental solo; and specialty solo, which includes rap, dance, variety acts, magic, puppetry, dramatic performance and skits.

The group category of specialty and group performance encompasses vocal group, instrumental group and specialty group.

Stars of Tomorrow is open to all U.S. ID cardholders, who will be competing equally for awards and prizes. A participant may enter in one solo and one group category.

Deadline for qualifications and applications for both events is May 14.

For more information about categories, eligibility requirements and application procedures, contact a garrison military welfare and recreation entertainment director or call DSN 370-7499.

This article originally appeared online at www.imcom-europe.army.mil.

Signal Soldier, daughter take home AAFES Harley Sportster

Story by Tammy Krome
AAFES EUCOM Office

For months, the 2007 Harley Davidson Sportster, with its shiny chrome engine and long leather seat has begged to be released from its glass-case prison at the entrance to the AAFES Mall for All on Panzer Kaserne and on April 21, the Sportster's massive engine was revved up and the \$9,000 motorcycle was released... by a blond-haired, blue-eyed five year old girl.

Although little Ella Eaton didn't actually start up the Sportster and drive off into the sunset, she did select the key from a choice of five, gave it to her dad, Sgt. 1st Class William Eaton, 52nd Signal Battalion and watched as he cranked over the Harley Davidson motorcycle, while hundreds of spectators inside the main Post Exchange looked on.

"This is the first time I have ever won anything and the one thing I will always remember is the excitement on Ella's face and in her voice after she picked out a key and said, 'Daddy, it's this one,'" said Eaton, who is still wondering what to do with the motorcycle.

"I can't ride the bike, because I don't have a motorcycle license and I did kind of promise my wife that if I won it, I would sell it," added Eaton. "But for now, I may just use it as a table in our front room."

As Eaton was revving up his new



photo by Tammy Wulfekuhl

Ella Eaton, age 5, and her dad, Sgt. 1st Class Michael Eaton sit atop their new Harley Sportster April 21.

Harley Davison, the other four potential winning keys just dangled from the hands of Master Sgt. Gregory Kapfhammer, Lt. Col. Eric Warner, Samuel Fowlkes and Lt. Col. Terrence Popravak, who along with Eaton, had been selected as the five finalist in the AAFES New Car Sales motorcycle drawing.

And though they didn't get the Harley, they did get a \$100 AAFES gift certificate and a bag of goodies.

Eaton didn't think too much about winning the motorcycle when he was filling out the application cards for the drawing, he just wanted to kill some time.

"I only filled out three cards; that's as long as it took my wife to get through the line at the cash register," Eaton said.

For more about your Army & Air Force Exchange Service visit www.aafes.com.

2007 STUTTGART

ARTS & CRAFTS

CONTEST

CATEGORIES:
Ceramics - Drawings - Wood - Print-Making
Fibers & Textiles - Water Based Painting
Glass - Oil Based Painting - Metals & Jewelry
Mixed Media 2D - Mixed Media 3D

SCHEDULE:
May 1 - 12: Entries accepted at RB or Patch Arts & Crafts
May 14 - 17: Judging
May 18: Public Viewing - 1700
Awards Ceremony - 1800
(Swabian Special Events Ctr)

Separate divisions for Novice and Accomplished, and prizes will be awarded to 1st, 2nd, and 3rd in each categories.

"BEST OF SHOW" PRIZE:
A Trip To Venice & Florence
offered by
ENJOY TOURS

For more info, call the Gussy Goose
DSN 430-5270 / Civ. 0714-680-5270

Community honors volunteers during April 27 'Appreciation Day' ceremony at Panzer Hall

We make a living by what we do, but we make a life by what we give.
- Winston Churchill

USAG Stuttgart Public Affairs Office

The members of the Stuttgart military community who "inspire by example" were honored during a Volunteer Appreciation Day luncheon April 27 in the newly opened Panzer Hall.

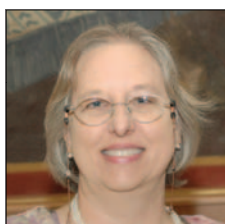
"This community could not function without the selfless service of our volunteers," said U.S. Army Garrison Stuttgart Commander Col. Kenneth G. Juergens. "Every or-

Commander's Volunteer of the Year

Jeanne Glogowski

- This award is presented to an individual who selflessly donates time and energy toward the betterment of the entire Stuttgart military community.

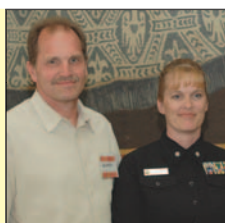
- Glogowski chairs the Stuttgart Girl Scouts, serves on the Community Spouse's Club scholarship committee, and helps in fundraisers for Patch Drama Club and Kelley Theater.



Commander's Volunteer Family of the Year

The Alfieri Family

- This award recognizes a family who serves together.
- The Alfieri family's service includes the Boy Scouts and Cub Scouts, Kelley Theater and the Patch Elementary School. They are involved in religious youth education programs and coach numerous local sports teams.



Commander's Silver Volunteer of the Year

Robert Gambert

- This award goes to a seasoned volunteer who continues to serve.

- Gambert was recognized for more than 25 years of volunteer service in the Stuttgart community. He is chair of the Veterans of Foreign Wars and the American Legion.

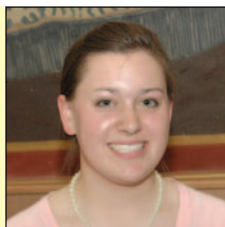


Commander's Youth Volunteer of the Year

Rachel Ellen Smith

- This award goes to a volunteer who is under the age of 18.

- Smith serves with the Patch Medical Clinic Pediatrics, plans senior dances and student orientations and represents Patch High School on the Commander's Council.



Rookie Volunteer of the Year

Tech Sgt. Kenneth McDaniel

- This award is presented to a new community member.
- McDaniel is an active volunteer with Child and Youth Services, Youth Sports and Patch High School.



Helping Hand Volunteer of the Year

Staff Sgt. Karim-Azar Grajo

- This award is presented to a volunteer who serves in a number of capacities.

- An active-duty Soldier, Grajo's service includes the Army BOSS program, 24-Hour Marathon, Youth Sports, Holiday Care packaging programs and countless others.

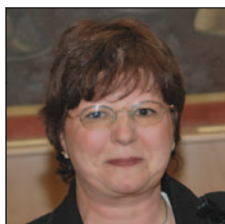


Ambassador Award

Barbel Sonnenmoser

- This award recognizes an exceptional foreign national community member.

- Sonnenmoser is the special events chairperson for the Stuttgart American Red Cross. Through her efforts, she has helped raised thousands of dollars for the Red Cross.



Unsung Volunteer of the Year

Maria Draper

- This award is presented to a volunteer who eschews the spotlight.

- Draper earned this award for his considerable service in support of the Stuttgart Health Clinic radiology department, where she sees an average of 20 patients a day.



ganization in the Stuttgart community could use some helping hands."

Area organizations received a huge boost from helping hands last year, amounting to more than 72,000 volunteer hours. Gen. William E. Ward, deputy commander of U.S. European Command, talked about the "spirit of giving" in his opening remarks.

"Your fantastic efforts have enhanced the lives of your community. What a noble cause," he said. "All we can say is thank you. It's richly appreciated."

The hour-long luncheon and ceremony coincided with the opening of the new Panzer Hall, a facility next to Panzer Kaserne in Böblingen that features an outside patio, picturesque garden and top-notch catering service. A plaque just outside the hall read, "Honoring the spirit of volunteerism in our community commemorated this day, April 27, 2007."



photo by Larry Reilly

Gen. William E. Ward gives the keynote address during the April 27 ceremony.



photo by Larry Reilly

U.S. Army Garrison Stuttgart Commander Col. Kenneth G. Juergens [far left] accepts an honorary check representing the amount of money that volunteers have saved the community by donating their time and talent.

—And the nominees were—

The following individuals and family members were recognized for their volunteer service during Stuttgart's April 27 Volunteer Appreciation Ceremony:

Alfieri Family	Silvia Hellmann	Patricia Peoples
Manuel Baez	Deborah Holinger	Nicole Phillips
Taisha Becker	Sonja Jackson	Jana Plank
Kris Butz	James Johnson	Anita Post
Frieda Campbell	Jonathan Koskey	Cindy Reuter
Lucie Cannon	Katie Frick	Beth Rosenwald
Catherine Cashman	Andrew Knep	Susan Sanders
Kristine Conger	Jeanne Mackin	Deane Shepard
Maria Draper	Sigrid Marney	Carrie Smith
Lauren Duke	Kenneth McDaniel	Rachel Ellen Smith
Robert Gambert	Pam McNaughton	B. Sonnenmoser
Julie Gifford	Cindy Merchant	Becky Stamper
Jeanne Glogowski	Caleb Meredith	Carolyn Stonemark
Shamia Glover	Deb Movizzo	Cindy Tannenbaum
Kristin Grabczynski	Jacqueline Nasca	Teresa Taylor
Karim-Azar Grajo	Don O'Neal	Andrew Tribble
Bernadette Hair	Joseph Parent	Robert Valadez

ASK AN EXPERT

What is a ‘normal’ blood pressure?

Q: What is a “normal” blood pressure and why is it important that I know my blood pressure?

A: In the past, normal blood pressure was considered to be 120/80. The newest guidelines from The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7) are that a normal blood pressure is <120/<80 (< means less than).

A blood pressure of 120 to 130 over 80-89 (120-130/80-89) is considered Prehypertensive and indicates the need for therapeutic lifestyle changes to control blood pressure.

Maintaining a healthy blood pressure is important because heart disease is the leading cause of death among Americans. Hypertension (high blood pressure) is known as the “silent killer” because it often has no symptoms but can lead to heart and kidney disease, stroke, kidney disease and heart failure.

Approximately 1/3 of Americans have high blood pressure. The only way to know if you have it is to have your blood pressure checked. You can have your blood pressure checked at the Stuttgart Wellness Center (SWC).

May is National High Blood Pressure Education Month.

The SWC is offering a Healthy Heart class designed to teach participants strategies to help reduce, control and manage high blood pressure.

This week’s expert is Terri Tokar. If you have a question about a topic related to life on a U.S. military installation in Stuttgart or Garmisch, e-mail your query to stuttgartmedia@eur.army.mil.

Healthy Heart Class

May 14, 11:30 a.m. to 1:30 p.m.
Stuttgart Wellness Center
Washington Square, Patch Barracks

Learn to control high blood pressure.
Call 430-4658 to register.



LIFE FORCE

your mission: save lives
there is no mission more vital

Stuttgart Community Blood Drive
Thursday, 10 May 2007
0700 - 1500
Patch Fitness Center

ASBP
Armed Services Blood Program

HEALTH CARE CORNER

U.S. Army Health Clinic Stuttgart

Hours of Operation

Mon., Tues., Wed. & Fri.: 7:30 a.m. to 4 p.m.
Thursdays: 1 to 4 p.m.

Military Sick Call

Mon. to Fri.: 7:30 to 8:30 a.m.
Thursdays, 1 to 2 p.m.

Pharmacy

M, T, W, F: 7:30 a.m. to 4 p.m.
Thursdays: 1 to 4 p.m.

Immunizations

Walk-in basis
Closed noon to 1 p.m.

Well Baby Care

Every Tuesday

Laboratory

M, T, W, F: 7:30 a.m. to 4 p.m.
Thursdays: 1 to 4 p.m.

Physical Exams

Active-duty only (by appt.)
430-6817/civ. 0711-680-6817

Well Woman Care

Every Wednesday

Appointments

430-8610/civ. 0711-680-8610 or 430-8611/civ. 0711-680-8611
Tricare beneficiaries can also make appointments online.
Visit www.tricareonline.com.

Stuttgart Dental Clinic

Hours of Operation

Mon. to Fri.: 7:30 to 11:30 a.m. & 12:30 to 4:30 p.m.

Active-Duty Sick Call

Mon. to Fri.: 7:30 to 9:30 a.m.

All Others Sick Call

Mon. to Fri.: 8:30 to 9:30 a.m.

Appointments

430-8626/civ. 0711-680-8626

Garmisch Dental Clinic

Hours of Operation

Mon., Wed & Fri: 7:30 a.m. to 3:30 p.m.
Tue: 7:30 a.m. to 4:30 p.m. / Thurs: 7:30 a.m. to 3 p.m.

Military Sick Call

Mon. to Fri.: 7:30 to 8 a.m.

Appointments

440-3414/civ. 08821-750-3414

Note

In accordance with Army Regulation 40-3, dental services are limited to space-available care for other than active-duty servicemembers

In case of an after-hours emergency call the MP desk to access the on-call patient liaison:
Stuttgart 430-5262/civ. 0711-680-5262 / Garmisch 440-3827/civ. 08821-750-3827

Veterinary Treatment Facility

Hours of Operation

Mon. to Fri.: 8 a.m. to 3:00 p.m.

Appointments

431-2681/civ. 07031-15-2681

Location

Building 2996, Panzer Kaserne

Note

The facility is unable to see emergency cases. Thus, community members must become familiar with local German veterinarians. Visit the clinic for a list of German veterinarians in the Stuttgart area.

Stuttgart Wellness Center

Hours of Operation

Mon. to Fri.: 8 a.m. to 4:30 p.m.

Appointments

Call the center at 430-4073/civ. 0711-680-4073

Location

Washington Center, Patch Barracks

Vaccine helps prevent fatal pneumonia in older people

European Regional Medical Command
Public Affairs Office Release

The human body is normally covered with millions of germs and bacteria that for many different reasons occasionally go out of control and cause illnesses and infections. Older people are particularly vulnerable because of chronic illnesses and a weaker immune system that allows germs and bacteria to suddenly multiply and grow out of control. For this reason, military retirees age 65 and older are encouraged to get a vaccine to prevent pneumonia.

"This type of pneumonia, pneumococcal pneumonia, affects our retirees over 65 and other patients with multiple medical problems as they are especially at risk of getting seriously ill and dying from this disease," said Dr. (Maj.) Nick Conger, infectious disease consultant for the Europe Regional Medical Command.

According to the Centers for Disease Control (CDC), bacteria called *Streptococcus pneumoniae* causes pneumococcal pneumonia. Bacteria, viruses, and sometimes fungi can also cause pneumonia.

People who are ill or who carry the bacteria in their throats can spread pneumococcal pneumonia by contact with other people, according to the CDC website. You can get pneumococcal pneumonia from respiratory droplets from the nose or mouth of an infected person. It is common for people, especially children, to carry the bacteria in their throats without being sick.

"But other bacteria and viruses can cause pneumonia," said Conger, so if you have any of the symptoms of pneumonia, you should visit your doctor for proper diagnosis and therapy."

Conger said to look for the sudden onset of certain symptoms.

"Initially, shaking chills, or alternating between feeling very cold and high fevers are often seen," he said. These symptoms are accompanied by coughing that often produces thick sputum, shortness of breath, rapid breathing, and chest pains. Other symptoms such as nausea, vomiting, headache,

tiredness, and muscle aches may be present.

The National Immunization Program (NIP) of the Centers for Disease Control and Prevention recommends that you get the vaccine if you are age 65 or older. They also recommend the vaccine if you are younger than 65 and have certain medical conditions such as chronic heart, lung, or liver diseases or sickle cell anemia. These health problems increase the risk for getting pneumococcal pneumonia.

Your health care provider can usually diagnose pneumococcal pneumonia by finding bacteria in your blood, saliva, or lung fluid. Health care providers may also do a physical exam and request lab tests and chest x-rays to check for pneumonia.

Doctors usually prescribe antibiotics to treat bacterial pneumonia. The symptoms often go away within 24 to 72 hours after taking medicine; however, Dr. Conger cautions, "Patients should always finish their antibiotic prescriptions even if they feel better before their course is complete, as this practice may lead to the development of antibiotic resistance."

In about 30 percent of people with pneumococcal pneumonia, the bacteria invade the bloodstream from the lungs. This causes bacteremia, a very serious complication of pneumococcal pneumonia that also can cause other lung problems and certain heart problems. In addition, *Streptococcus pneumoniae* is a leading cause of bacterial meningitis that this vaccine can prevent.

If you are at risk for pneumococcal pneumonia, talk with your health care provider about getting the vaccine as soon as possible. Of note, this vaccine is available year round, not seasonally like the flu vaccine.

For more information contact Susan Mizgala, the Stuttgart Community Health Nurse, at 430-7122/civ. 0711-680-7122. Vaccines are still available at the Patch Health Immunization Clinic. Business hours are Mondays to Wednesdays and Fridays 7:30 to noon and 1 to 3 p.m., and Thursdays 1 to 3 p.m. for walk-ins.

College students encouraged to get meningitis vaccine

European Regional Medical Command
Public Affairs Office Release

When high school students receive their acceptances to college, they should also receive something else: a vaccination.

The potentially life threatening bacteria called *Neisseria meningitidis* commonly infects military personnel living in barracks and college students living in dormitories. Basic trainees routinely receive the vaccine to protect them against several types of meningitis and other infections. Health officials recommend that college-bound students receive the vaccine, too.

"College freshmen that live in dormitories are five times more likely to get a meningococcal infection as compared with those who live off campus or don't attend college," said Dr. (Lt. Col.) William P. Corr, the Europe Regional Medical Command's consultant for preventive Medicine at Landstuhl Regional Medical Center.

Vaccination is a proven way to reduce the risk of infection.

"Over the past 12 months, many DOD children in Europe have been vaccinated against meningococcal infections," said Corr, "but for those teenagers that haven't been vaccinated and are going to college, the Advisory Committee on Immunization Practices (ACIP) recommends one shot of a vaccine that protects against four types of meningitis-causing bacteria." The vaccine is long lasting, and the current guidance is to receive the vaccine only once in a lifetime.

For more information about receiving the meningococcal vaccine contact the Stuttgart Health Clinic at 430-8610/civ. 0711-680-8610. This article originally appeared online at www.healthcare.hqusareur.army.mil.

It's quick, it's painless, and it could save a life:

Bone Marrow Registry Drive

Patch Fitness Center: May 10

The Challenge

- Every year in the United States, 30,000 individuals are diagnosed with leukemia or one of more than 70 other life-threatening blood diseases.
- Some of these patients will be successfully treated with conventional therapies – but others will become candidates for bone marrow transplants.
- Marrow types are hereditary – therefore, the best chance for a marrow match is with a sibling or other family member.
- However, 70 percent of patients are unable to find a suitable donor among their relatives and must try to find an unrelated donor.
- Among these patients, more than 500 members of the Department of Defense community are forced to search for an unrelated donor each year.

How You Can Help

- Visit the **Patch Fitness Center May 10, 7 a.m. to 3 p.m.**, to register as a potential volunteer marrow donor.
- At the registration drive, you will be asked to sign a consent form (DoD form DD2576) and complete a brief medical questionnaire.
- After completing this paperwork, you will provide a DNA sample via a quick and painless cheek swab. (Your marrow type will be determined through an analysis of this sample. Once it is identified, you will be entered into the Department of Defense and National Marrow Donor Program Registry).
- Important: **None** of these activities commit you to donating your marrow.
- Also, **volunteers are needed to staff tables at the donation drive.** If you can donate your time to this important cause, call Stefanie Robinson at 0160-518-5645.

For more information call Stefanie Robinson at 0160-518-5645 or visit www.dodmarrow.com.

Area youth share vision of peace at home, abroad

Leadership Conference fosters global effort against family violence

Story by Brandon Beach

Peace begins in the home" was the focus of an April 18 German-American Leadership Conference in the Swabian Special Events Center. The day-long event, a first of its kind for the Stuttgart military community, brought together military and host nation professionals working in the field of family violence and sexual assault.

"It's really important to strengthen ties with our German agencies to promote families," said Betsy Walker, family advocacy program manager for USAG Stuttgart.

Speakers included Susanne Koehler of the German Women's Lawyers' Association; Susanne Nothhafft, Ph.D., of the German Youth Institute in Munich and Maria Crane, Psy.D., chief of Behavioral Health at the Wiesbaden Health Clinic. Each presentation was delivered in English and translated in German.

The conference was sponsored by the Family Advocacy Program, Army Community Service and USAG Stuttgart.

Following the presentations, winners of the Children's Peace Project were awarded plaques by Col. Kenneth G. Juergens, commander of USAG Stuttgart, for their essay and art contributions.

"I would like to thank the kids for these wonderful essay and art pieces," said Juergens.

The topic of the project was "How Can Children and Young People Contribute to Creating Peace in their homes, communities and the world." Each participant received a "Peace Begins in the Home" bracelet.

The next ACS scheduled event in Stuttgart is a Senior Leader Training class May 16, 8:30 a.m. to 10:30 a.m. and 11 a.m. to 1 p.m., in Building 2915, Panzer Kaserne. The class is designed to give senior leaders prevention techniques regarding sexual assault that they can apply to their daily leadership responsibilities. To sign up for the class contact ACS at 431-3362/civ. 07031-15-3362.

For more information about the U.S. Army Garrison Stuttgart and Garmisch Sexual Assault Prevention and Response Program call Ellie Benavides at 431-3342/civ. 07031-15-3342.

Army aims to be assault-free

U.S. Army Release

The Army joins the other armed services in observing April as National Sexual Assault Awareness Month. This observation serves as an important reminder to continuously reinforce the mission of the Army's Sexual Assault Prevention and Response Program to Soldiers and leaders at all levels.

Sexual assault is a crime and it will not be tolerated and has no place in the Army. It is contrary to Army values, tears at the fiber of unit cohesion and degrades mission readiness.

The Army is dedicated to increasing education about what sexual assault is, and is not, and what effects incidents of assault have on our fellow Soldiers.

Soldiers must feel confident their leaders take this matter seriously and will respond to each incident appropriately.

Army leaders are strongly encouraged to talk openly to their Soldiers about sexual assault to demystify the issue and instill confidence in their subordinates.

One tool for furthering understanding is the revised Army Regulation 600-20's (Army Command Policy) new Chapter 8 on the Army's Sexual Assault Prevention and Response Program and related policies.

Implementation guidance is provided for creating a command climate that seeks the elimination of sexual assault and strongly encourages and supports reporting incidents.

Installation commanders can consult their unit's Sexual Assault Response Coordinators (SARCs) for recommended awareness month activities.

The Army is a values-based organization in which Soldiers must treat each other with the dignity and respect they deserve.

Effecting the reduction of the incidence of sexual assault, with the objective of full eradication, is the obligation of commanders committed to keeping their Soldiers safe, and maintaining high levels of unit readiness.

Active leadership involvement in Sexual Assault Awareness Month activities helps the Army move closer to achieving these goals.

For more information on the Army's Sexual Assault and Prevention Program contact Rhonda Paige (U.S. 703-696-5205; rhonda.paige@hqda.army.mil) or Hank Minitrez (U.S. 703-696-5207; henry.minitrez@hqda.army.mil).



[Far Left] "The roads to peace are not always peaceful," writes Mara Kagawa, a student at the International School of Stuttgart, to describe her Peace Project entry, "Rocky Roads."

[Top] David Humpheys, a student at Patch Elementary School, won first place in the first through third-grade art competition for his crayon drawing entry that expressed the themes of "friendship" and "world peace."

[Left] Nine-year old Caelyn Miller of Böblingen Elementary School, colors her Peace Project entry at the Panzer School Age Services. The youth center had 16 participants.

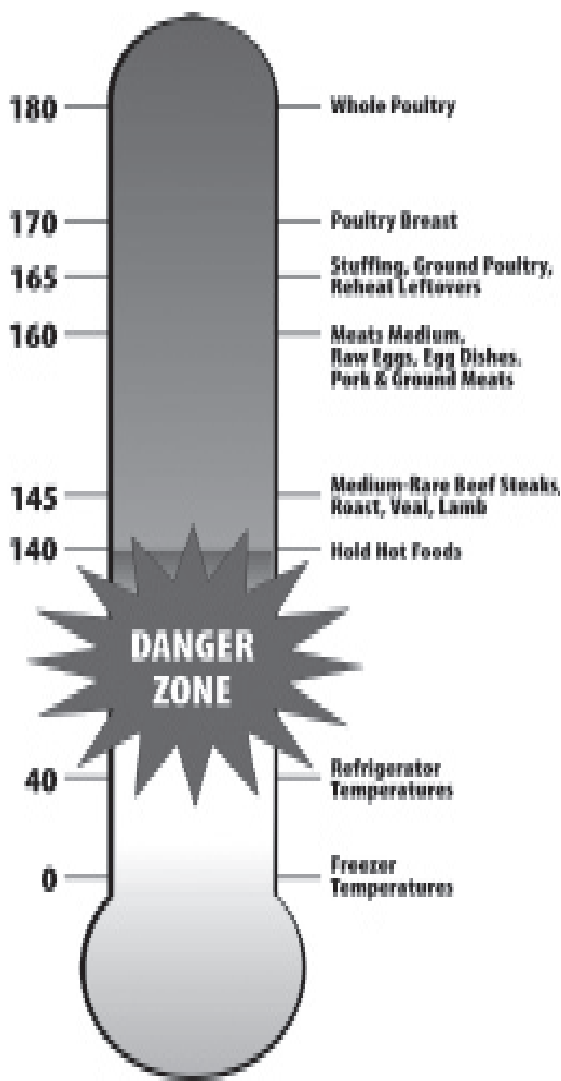
[Above] Susanne Koehler of the German Women's Lawyers' Association was one of several area professionals who presented during the April 18 conference on Patch Barracks.

SUMMER SAFETY 2007

Warm weather increases risk of foodborne illness

By Jennifer Keefer

U.S. Army Combat Readiness Center



More than 300,000 Americans are hospitalized each year – and 5,000 die annually – from foodborne illness, according to the Centers for Disease Control and Prevention.

The risk of foodborne illness increases during the summer because disease-causing bacteria grow faster on raw meat and poultry products in warmer weather, said Dr. Richard Raymond, U.S. Department of Agriculture undersecretary for food safety. Bacteria also need moisture to flourish, and the hot and humid conditions of summer weather provide the perfect conditions.

Especially when grilling outdoors, it becomes even more important to take the necessary steps to prevent foodborne illness and bacteria growth.

According to the USDA, most bacteria are attracted by temperatures between 40 degrees and 140 degrees. Food should not sit out for more than two hours in temperatures below 90 degrees. Above 90 degrees, food should be discarded after one hour.

Staff Sgt. Lance Osborne, the non-commissioned officer in charge of food inspection with Veterinary Services Food Safety at Fort Rucker, Ala., emphasized the importance of temperature, as well as sanitation.

“Definitely, never partially cook something with the intention of finishing it up later,” said Osborne. “This is where bacteria are more apt to grow. As for sanitation, never use the same plate for raw and cooked food, especially poultry. This can result in cross-contamination.”

Several global outbreaks of foodborne illness, such as mad cow disease and E. Coli, have increased concerns among the American public, according to a food and water safety report developed by the CDC. Most consumers said in the report they feel they are at a lower risk from illnesses eating at home than at restaurants. Twenty percent of the reported cases involving foodborne illness resulted from home preparation.

The USDA advocates the following four steps to help prevent the spread of bacteria:

- **Clean** – Wash hands and surfaces often;
- **Separate** – Don’t cross-contaminate. Keep raw meat and poultry apart from cooked foods. Don’t use the same cutting board, platter and utensils for raw and cooked meat;
- **Cook** – Use a food thermometer to be sure meat and poultry are safely cooked. Visual indications, such as brown exterior, do not always mean that it is fully cooked; and
- **Chill** – Promptly refrigerate or freeze uneaten

Fortunately, according to the USDA, people rarely become ill from contaminated food because most people have a healthy immune system that protects them not only from harmful bacteria on food, but from other harmful organisms in the environment. But consumers can further protect themselves at home with proper refrigeration and thorough cooking of perishable food.

The USDA also offers pointers for defrosting and marinating food. Never defrost food at room temperature – the refrigerator is the most recommended place to defrost food.

If time is restricted, consumers can seal meat in a plastic bag and place it in cold water for 30 minutes. As a last resort, consumers can defrost meat in the microwave as long as it is grilled immediately. As for marinating food, the USDA suggests never to marinate it at room temperature and never reuse the sauce.

This article originally appeared online at www.army.mil/arnews. For more safety information call the U.S. Army Garrison Stuttgart Safety Office at 421-2752/civ. 0711-729-2752.

Ticks: the scourge of summer

USAG Stuttgart Public Affairs Release

Ahh, summer. Warm weather, sunny skies, family vacations ... and ticks. In most climates, the summer season is synonymous with tick season. That means now – as tick season moves into full swing – is a good time to learn about tick-borne pathogens and how to protect both people and pets from these pesky parasites.

There are more than 850 species of ticks worldwide, and 100 of them are capable of transmitting diseases to humans and pets.

According to the U.S. Army Center for Health Promotion and Preventive Medicine, the major threat of disease from ticks to humans in Europe comes from *Ixodes ricinus* (the European sheep tick) and *Ixodes persulcatus* (taiga tick), both of whom carry Tick-Borne Encephalitis and Lyme disease.

TBE, known in Germany as FSME (*Fruehsommermeningoenzephalitis*), is a viral infection of the central nervous system caused by a bite from an infected tick.

Infection can also occur by eating or drinking unpasteurized dairy products from infected animals.

TBE is not known to exist in the U.S., and is not directly transmitted from human to human. Risk of TBE is greatest from

May to September – and the highest risk for tick bites is in wooded areas.

To avoid ticks altogether, CHPPM recommends taking the following steps:

- Wear light-colored clothing that covers legs and arms.
- Tuck pants into boots or socks; tuck shirts in at the waist.
- Apply insect repellents containing DEET to exposed skin (but do not use on infants under two months old).
- Always perform “tick checks” when coming in from wooded areas. Pay special attention to warm and hairy areas.

• Don’t forget to check children and pets. Not all ticks are infected with a disease, so just because an individual is bitten by a tick doesn’t mean he or she will become infected.

If you spot a tick embedded in the skin, remove it immediately:

- Grasp the tick’s mouth parts as close to the skin as possible with tweezers.
- Pull back slowly and steadily, as you would with a splinter. Be patient. Do not squeeze, jerk, rip or twist the tick.

If not done correctly, an embedded tick’s mouthparts could be left in the skin and disease can still be transmitted.

For more information visit www.chppm.com or call 430-8610/civ. 0711-680-8610.



www.photos.com

Never swim alone – and always ensure you are in a safe, approved body of water before going in for a dip.

Stay safe in the water

Citizen Release

Summer outdoor activities bring increased dangers to children and adults – and swimming can be one of the most hazardous for recreators of all ages.

Stuttgart and Garmisch have many popular public pools. But unlike public pools in the U.S., lifeguards are not often seen sitting on high chairs.

However, well-trained lifeguards are on duty at all times in all public

pools. When entering a pool, find the lifeguard office and the first-aid station.

If you do not understand any posted pool rules, ask for assistance.

Never swim alone, always know your limits, and watch out for all children under your supervision.

For approved swimming areas in Stuttgart call 421-2752/civ. 0711-680-2752. In Garmisch call 440-3595/civ. 08821-750-3595.

'Lean Six' seeks to improve Army business practices

Story by Maximilian Hurd
USAREUR Release

Imagine you are a program manager for the U. S. Army in Europe with a service requirement for your program. After determining that the service requirement is valid for your program and for USAREUR, you are ready to request the funding necessary to acquire this service. You contact your resource manager to learn about the funding approval process. Should be a piece of cake, right?

As a result of policy set by the Secretary of the Army, the Commanding General, USAREUR, must personally approve all requests for services: those filled 'internally' with DA civilians and those 'outsourced' through other agencies or contractors. But the Commanding General is the last in a long line of approving officials and staffs that touch these requests.

The approval process has more than its share of redundancy and complexity, which is why it has become the focus of a Lean Six Sigma team that has spent the last two months dissecting the approval flow from the initiation of a request to when the Commanding General's approval is communicated back to the requestor.

Background

Lean Six Sigma is a business process improvement methodology that the Department of the Army and USAREUR have adopted. The objective of Lean Six Sigma is to eliminate waste and variation from a given process, thereby delivering improved performance, reliability, and value to the final customer. USAREUR officially launched its deployment of Lean Six Sigma in June 2006.

Since then, USAREUR has trained 6 Black Belts and 55 Green Belts. An additional 21 Black Belts complete their training in March. The term 'Belt' applies to all participants of Lean Six Sigma training, with colors pertaining to the level of exposure. Black Belt and Green Belt training courses consist of a four-week and two-week curriculum, respectively.

Each course is set up to provide one week of training every four weeks. The Belts use the off-weeks from training to work on their process improvement projects, which are identified by Project Sponsors prior to the start of training.

In the case of the funding approval process, a Lean Six Sigma team was tasked to restructure the process of approving outsourced services, intent on reducing its cycle time, complexity and effort.

This team consisted of members from the USAREUR Command Group, Headquarters staff sections, the United States Army Contracting Command Europe and the 21st

Theater Support Command. A Master Black Belt was also assigned to the project, who mentors team members on the Lean Six Sigma methodology.

The Lean Six Sigma team collected data that represented process performance since August. "Using rather conservative measures, we found that the approval process takes an average of 41 days until it produces the CG's authorization, although many requests last more than 50 days", said LTC Ann Larsen, the project's assigned Black Belt.

Since the funding approval process precedes actual acquisition procedures, this "cycle time" represents a significant obstacle to the requestor.

Value Stream Mapping

The team used a Lean Six Sigma technique called Value Stream Mapping to completely disassemble the flow of service requests through its many steps and recorded the action, time and individuals involved at every step. The map allowed the team to carefully analyze and assign values to the separate process steps and provided a strong visual tool for re-designing the process by combining and eliminating steps.

After completing all data collection and measurement, the team decided to increase the pace of the project by shifting into a Rapid Improvement Event (RIE), which condenses the Lean Six Sigma methods and project structure into one week. Dedicating their full-time participation for the entire week, the team finished its analysis and began the process re-design.

Lean Six Sigma methods provided the team with the data to back up their suggestions for improvement, which are being tested in a set of trial runs following the RIE. If successful, these changes will culminate in USAREUR-wide implementation.

Success depends on support

In the end, the success of this project depends on the support of the process owner and stakeholders. Given the combined involvement of commanders, managers and subject matter experts, the project has all the prerequisites for success.

With the continued support of these players and the USAREUR Command Group, this project and others that follow will result in economies and efficiencies that improve the way we do business.

To learn more about the Army's dynamic business process improvement initiative, visit <https://www.g8mpb.hqusareur.army.mil/>, or contact the Business Practice and Stewardship Team directly at DSN 370-3531, or via email at LeanSixSigma@eur.army.mil.

Educating the Army's civilian leaders

U.S. Army IMCOM Europe Region
Public Affairs Office Release

The new Civilian Education System will be the topic of discussion when representatives from Headquarters Department of the Army visit civilian employees and Garrison leaders in Europe later this year.

Individuals from the Army's G3/5/7 office, which is responsible for operations, strategic plans and policy, force management, training, battle command, and capabilities integration, in August will travel throughout Installation Management Command-Europe to talk about improvements made to the civilian employee leadership training program. They will describe the benefits of the new education system and talk about why the change was made.

About the courses

The Civilian Education System is a "new progressive and sequential leader development program," an official said in an e-mail dated Aug. 29. Army leaders hope "it will provide enhanced leader development and education opportunities for Army civilians throughout their careers."

The system consists of four courses:

- The foundation course, which sets the stage for subsequent courses by familiarizing participants with the practices of successful leadership;
- the basic course, which is designed for leaders who exercise direct leadership;
- the intermediate course, which is designed for Army civilian leaders who exercise direct and indirect supervision;
- and the advanced course, which is designed for Army civilian leaders who exercise indirect (second level) supervision and military supervisors of civilians.

Officials say the courses, which must be taken sequentially, will help prepare civilian employees for higher levels of responsibilities.

Currently, DA civilians can sign up for the online foundation course. Basic, intermediate and advanced course classes will be available online and in the classroom later this year.

To find out when the Army Civilian Education System is scheduled to be briefed at your Garrison, or to find out more about the new training, contact Raymond Zawalski at 370-3941 or email: raymond.zawalski2@eur.army.mil.

Free Tax Assistance

Stuttgart Tax Center

Kelley Barracks (Building 3312)
Mondays to Fridays - 9 a.m. to 5 p.m.
DSN 421-4152 / CIV 0711-729-4152

To make an appointment in Garmisch call
Pamela Bossom @ DSN 440-2527 / CIV 08821-750-2527

Only in AMERICA

Famous boxing promoter visits with Soldiers at Patch gym

Story by Cpt. Darrick Lee

EUCOM Public Affairs Office release

It happens occasionally whenever you talk about airline travel. If not to you, then maybe you've heard the story from someone else. The sentence usually starts like this: "You'll never guess who was on the plane?" (Then you wait excitedly for the answer.)

In this case, Air Force Tech. Sgt. Kim Fleming of the Special Operations Command Europe Headquarters Commandant's office, ended her sentence with: "Don King. Yes, that Don King! With the hair! The boxing guy!" Fleming shared a plane ride with the "World's Greatest Promoter."

"I was returning to Stuttgart after becoming injured at Airborne school," said Fleming, who during her second jump had a bad landing. She hurt her leg and ankle.

"Some guy across the aisle asked about my bandage, and that started the conversation. He told me he worked for Don King, the promoter. I was like, 'yeah, right'. But when they wheeled me off the plane, Don King himself asked me if he could visit the base."

Fleming promised to forward the request. When she returned to Stuttgart, she contacted U.S. European Command Public Affairs. Two days later, Don "Only in America" King was at the Patch gym, chatting with the base boxing team, the Stuttgart Stallions. Plenty of fans filled the bleachers to get a glimpse of the man whose career brought us the Tyson-Holyfield bouts and the famous Ali-Foreman "Rumble in the Jungle" of 1974.

You are the vanguards of freedom. Without you, it wouldn't be possible.

Don King

Or, maybe the fans just wanted to get a glimpse of the hair for themselves. Sporting lots of necklaces and rings, and a jean jacket with a U.S. flag pattern, King was certainly a sight to see. There was no mistaking that Don King loves America. If the multiple flag pennants he waved weren't enough to convince a spectator, maybe they would believe once they saw his diamond-studded four-inch flag pendant outlined with the words "Only in America" ... written in diamonds.

Some of King's critics say he is a discredit to the flags he adorns himself in. A standard Internet search will reveal that King's had his run-ins with the law during his younger years. Regardless of his history, his message to the fans at Patch offered nothing but praise for service members.

"You are the vanguards of freedom," said King. "Without you, it [freedom] wouldn't be possible."

King and his entourage were in Stuttgart to promote a World Boxing Association bout between heavyweight champion Nikolai "the Russian Giant" Valuev and top chal-



photo by Brandon Beach

Don King fields questions from the audience during his April 13 visit to Patch Barracks.

lenger Ruslan "White Tyson" Chagaev at the Porsche Arena in Stuttgart April 14. It promises to be an interesting bout, as Valuev is 7 feet tall, compared to Chagaev's 6'1". King signed autographs and gave out more than 500 tickets to the match.

When the tickets were handed out, King personally made sure Fleming received her's. He asked her to sit next to him while he signed autographs and posed for pictures with fans.

"I enjoy the fact that somebody is willing to do something like this for us," Fleming said.

When asked if she would use the tickets,

she exclaimed, "I got good seats; I'm going! I hear that European matches are sometimes a bit quiet, but I think after Mr. King's visit, tomorrow's going to be a bit rowdy!"

Fleming will be returning to Airborne school once her injury heals. When she does, she'll have an interesting story to tell her class about how her bad fall turned out to be good news for more than 500 boxing fans. It looks like "Only in America" works in Germany, too.

This story originally appeared online at www.eucom.mil.



photo by Karl Weisel

Sprinters leap off the blocks in last year's German-American track meet in Hanau.

IMCOM-E track season set to begin

U.S. Army IMCOM Europe Region
Public Affairs Office release

The opening Installation Management Command-Europe track and field meet of the year is scheduled for May 12 at Grafenwoehr, Germany.

"With this being the first meet ever held on Graf's new track, every participant will have a chance to earn bragging rights of establishing an event record," said Tom Hlavacek, a training specialist for IMCOM-Europe Morale, Welfare and Recreation.

A full slate of scheduled men and women's track event will include individual sprints, and middle and long-distance races (100; 200; 400; 800; 1,500; 5000 meters); relays (400 and 1,600 meters); and hurdles. Field events planned are shot put, long jump, triple jump, discus and javelin.

Registration opens 9 a.m. on the day of

the meet, with the first event, the women's 400-meter relay, starting at 10:20 a.m. Any servicemember, civilian employee or adult family member is eligible to participate.

Additionally, beginning May 9, the Grafenwoehr Sports Complex will host a track official's clinic with international track clinician Michael Serralta of Puerto Rico.

During the training, Hlavacek said, attendees will be given current rules, proper signaling techniques, points of emphasis, rule changes and procedures, along with a written test and a practical examination.

The Grafenwoehr meet is the initial competition of IMCOM-Europe's 2007 season, with the championships July 28 at Regensburg's Track Complex, Hohenfels, Germany.

For more information on the meet or becoming a sports official, e-mail Hlavacek at tom.hlavacek@eur.army.mil.

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Please pay and register by
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Minimum of 8 people.

For more information call DSN 431-2774 CIV 07031-15-2774

Youth reach new heights with 'Challenge'

Summer camps designed to foster adventure, learning

U.S. Army IMCOM Europe Region
Public Affairs Office Release

Adventure, Resilience, Memories and Youth take on a deeper meaning when you are a novice crewmember working watch on the deck of a sailing ship the first night at sea. Just 15 years old, you're challenged to face self-doubts and uncertainty, dig down into the core of who you are and rise to your ability to meet new tasks head-on while learning the true meaning of teamwork.

Camp A.R.M.Y. Challenge will help a select group of teenagers from throughout Europe experience opportunities similar to this as they face adventure on the open water in the Tall Ship Sailing Program this summer.

Providing youth of deployed service members an opportunity to experience once in a lifetime events, Installation Management Command-Europe Morale, Welfare and Recreation is scheduled to host four summer camp sessions that are designed specifically for teens and middle-school children.

In addition, one-week day camps in specialty areas such as sports, drama and art also will be offered at selected garrisons for school-age children, middle school youth and teens. Child and Youth Services day programs for school-age children in grades 1 through 5 also will be available at all garrisons this summer.

Camp A.R.M.Y. Challenge offers a break from the family stresses of deployment and a chance to meet other youth who also are facing the challenges associated with having a deployed parent. Sessions will include activities to help youth develop strategies to cope with the stresses associated with deployment.

Middle school and high school students in grades 6 through 12 (during the 2006-2007 school year) whose active-duty Army, Air Force, Navy or Marine parent deployed between June 1, 2006, and February 28, 2008, are eligible to apply.

Although the camp is hosted exclusively by IMCOM-Europe MWR CYS, each Camp A.R.M.Y. Challenge venue will have four spaces open to other services. Students having just completed 8th-grade are con-



Brandon Beach

Terence Coley of Hanau High School scales Frog Rock in Garmisch, Germany during Operation Purple Camp in 2005. The weeklong camp hosted over 120 high-school teens.

sidered an 8th-grader for camp attendance and may only apply to the middle school camp sessions.

Camp A.R.M.Y. Challenge for middle school youth in grades 6 through 8 will be held July 16 to 21 in Heidelberg, Germany, and August 6 to 11 on a German coastal island. The City Adventure session will include cultural awareness programs. The Island Adventure session will feature an environmental awareness program.

The Camp A.R.M.Y. Challenge Tall Ship Sailing Program is a hands-on experience designed to challenge high school teens in grades 9 to 12. Two sessions will be held: July 21 to 27 and July 27 to Aug. 1.

In this program, teens will actually man the ship under the direction of the captain and crew. This participative program offers teens an empowering experience to increase self-awareness and self-confidence, acquire

and connections with other youth who have deployed parents.

To ensure as many youth as possible have an opportunity to attend Camp A.R.M.Y. Challenge this summer, participants will only be allowed to attend one session.

A \$50 camp registration fee will be charged only when a camper is selected to attend. The fee is to reserve the camper's slot in their assigned session and is due by May 31. Refund of the camp registration fee will be given only if written cancellation is submitted at least two weeks prior to the start of camp.

Central bus pick-up points will provide transportation to all camps. Camp organizers stress that no air transportation or individualized transportation will be funded and families will be wholly responsible for getting their son or daughter to the central bus pick-up points.

WHERE TO APPLY

Complete information and the application form for Camp A.R.M.Y. Challenge are available online at www.mwr-europe.com. Applications will be accepted online only. The deadline is by midnight on May 4.

Patch students compete in DoDDS-wide 'Odyssey' contest

By Ellie Palladino

Twenty-eight Patch Elementary School students traveled to Heidelberg's Patrick Henry Village Pavilion to compete in the 2007 DODDS-Europe Odyssey of the Mind competition in March.

This event is DoDDS-Europe's biggest student event of the year with 422 students competing. Odyssey of the Mind promotes out of the box thinking and problem solving solely done by students. Adults who participate act as facilitators or resources for the students.

PES sent five multi-age teams from grades 1 to 5. Three of the five teams brought home medals.

Denise Suhr, who is the facilitator and

co-sponsor of the Stuttgart team, said, "We have learned a lot from the competition. We are ready to implement changes for next year's program."

Members of the PES team were Matt Jordan, Mark Jordan, Kendall Sigmon, Andrew Metz, Sam Makin, Nikolai Legaspi, Anthony Sarac, Victoria Pelton, Hannah Lindsey, Jasmine Williams, Trinity Davis, Lindsey Lampman, Paul Movizzo, Josue Robles, Chayton Weidig, Andrew Weidig, Emma Stonemark, Amy Shank, Mason Sigmon, Tyler Winterton, Ian McNerny Blake Dipert, Maddie Kapfhammer, Katie Bellissimo, Maddie Bellissimo, and Nazerth Youngs.

For more about PES events and programs visit www.patch-es.eu.dodea.edu.



**BIKE MAINTENANCE AND SAFETY CLINIC
IN RECOGNITION OF NATIONAL BIKE MONTH
SATURDAY, 5 MAY
0900 - 1100
PANZER AAFES "MALL FOR ALL"
FREE**

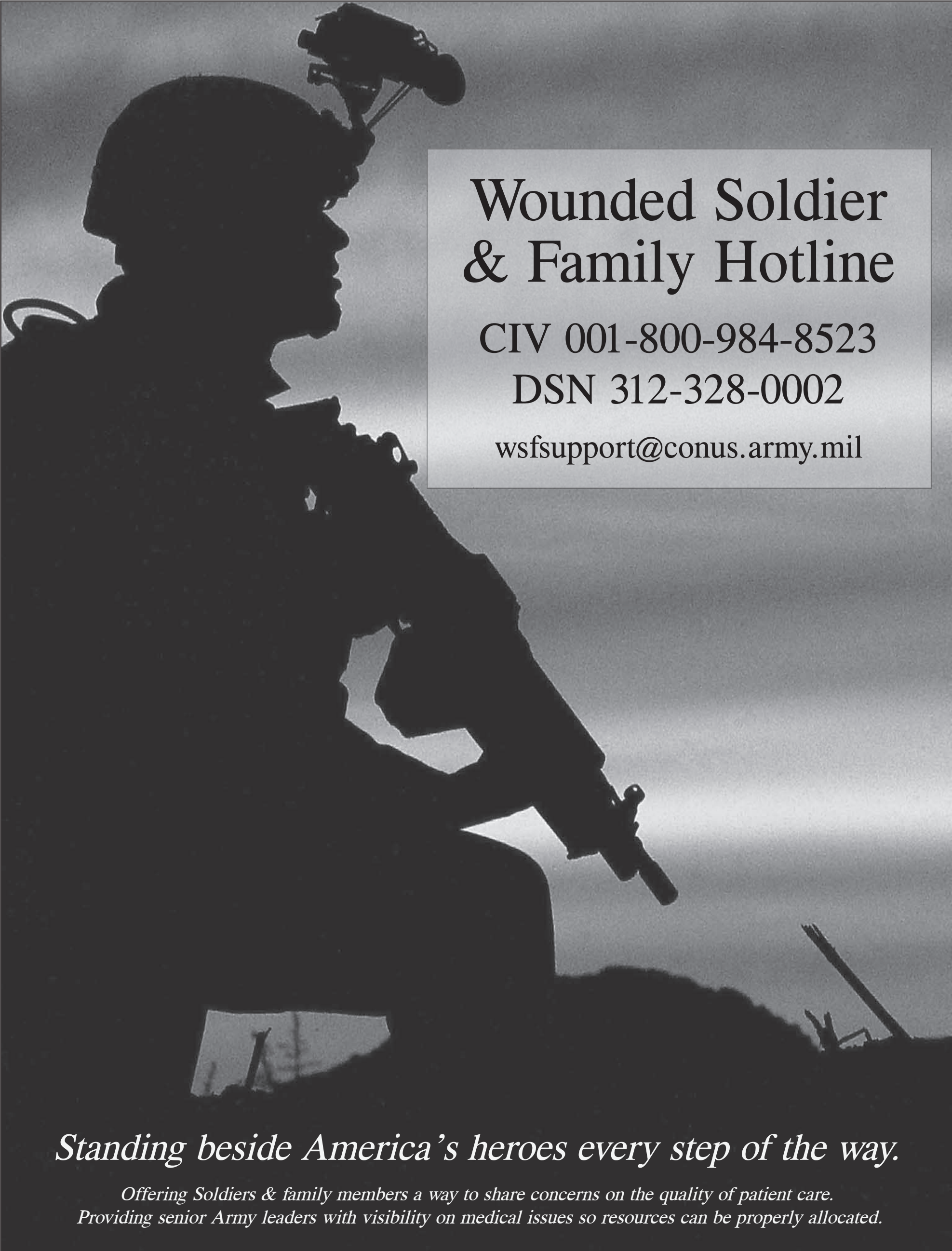
Open to ID cardholders 18 and older. Bring your bikes, ready to ride, and some clean rags.
Sign-up sheet at the Patch Front Desk.
*If there is inclement weather, the clinic will be held inside the mall.
*Optional rides with guides offered at the conclusion of the clinic.

0900 - 1000
Basic Bike Maintenance Clinic (pre-ride safety check, bike and chain lubrication, brake/derailleur adjustment, fixing a flat tire, how to wash/clean a bike). While going through this, participants basically do their own "bike inspection."

1000 - 1100
Basic Bike Handling/Safety (10-15 min clinic on road safety, especially pertaining to Germany/Europe; proper bike fit/clothing), then 30-45 min on bike handling. Bikers will then be instructed in some basic handling drills.
Mountain bikers will also do some handling drills.

Any questions call 430-5386 or Civ 0711-680-5386



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Sandra Vökl, bassist for the German metal band Equilibrium, lays down a heavy sound during a live performance at Stuttgart's LKA Longhorn. The club's international lineup features everything from pop to rap to of course, metal.

A bangin' good time at Stuttgart's LKA Longhorn

Story and photos by Brandon Beach

Stuttgart's LKA Longhorn is more than just a club, it's a temple. "It's one of the last great metal places out there," said Martin Dierolf during a Lordi concert.

And by metal, he means that hair bangin' guitar-driven "noise" our parents said was too loud.

At Longhorn, they keep the volume cranked up, way up. Just don't get caught under the two towering speakers on either side of the stage without some proper ear plugs wedged in tight. You might just have an epiphany and throw a bull's horn straight in the air. Or better yet, start to exercise those neck muscles.

At Longhorn, the fans wear black shirts, heavy boots and sleeveless jean jackets with Iron Maiden patches. Don't get nervous standing next to them. They are there simply to have a good time.

"Metal fans are actually very down-to-earth people," said Dierolf.

Besides the fans, there are the bands. Some of the biggest names in rock have graced the stage. The club's upstairs pool room (open on DJ nights, back-stage area during a show) is a sort of testimony to this history. Just look up and you can trace the music through the dozens of concert posters wallpapered to the ceiling. W.A.S.P. played here in '90; Nirvana a year later; Megadeth in '97.

That for a club that originally got its name from country music. Back then, in 1984, Longhorn was a western saloon that played its direction. You can see the actual moment depicted in a mural

behind the stage. In the picture, there is a Greek god descending down from the heavens with a microphone in hand and a Gibson Flying V guitar strapped to his waist. Longhorn has never seen the mud since.

The club's May lineup includes Trivium (May 15), Marillion (May 17) and Wilco (May 28).

Every Thursday, Friday and Saturday nights DJ's play everything from 80's playbacks to Nu metal. Doors open between 8 and 9 p.m.

If you are interested in seeing the new crop of metal out there, visit Longhorn during the Youngster Ball Contest, held every second and last Friday of the month. Watch bands, with likeable names such as "Born From Pain" and "Atrocity," rip up the stage as they compete for a 1,000 euro cash prize and the chance to record some tracks in a live studio. After the contest, DJ's hit the turntables until 5 a.m. You can watch the sun come up. Too bad Denny's hasn't caught on yet here in Germany.

And if you are still not convinced that Longhorn is worth a visit, did I mention that it's a great place to take the kids?

Following Lordi's guitars-in-the-air encore and with the crowd flooding out the doors, Dierolf remembered he forgot something.

"I still have to buy a shirt for my son," he said. "He's 12, and it's a school night, so no chance to bring him."

That's a devoted dad.

For more information visit www.lka-longhorn.de. The club is located on Heiligenwiesen 6 in the Wangen District. To get there take U-Bahn 9 or 13 to Heilfingerstrasse. Easiest way to find the place is just follow the fans in the black shirts. They won't bite.



[Top] Thomas Jentsch, lead singer of Undertow, belts out a song at LKA.

[Bottom] From Nirvana to Eminem, LKA keeps a diverse on-stage lineup.



OUT & ABOUT

Concerts in the Schleyerhalle

With her 2003 hit, "Crazy in Love," and a brand new album "B'Day," five-time Grammy winner Beyoncé makes a stop **May 1**, 8 p.m., in Stuttgart's Schleyerhalle, located on Mercedesstraße 69 (U-Bahn 11 to Gottlieb-Damler Stadion). Tickets cost 38 to 78,30 euro.

Bringing the sexy back to Stuttgart with his platinum-selling new album, "Future Sex/ Love Sounds," ex-NSYNC heart-throb Justin Timberlake takes to the stage **May 25**, 8 p.m., with his 14-piece band and a non-stop dance ensemble. Tickets cost 47,60 to 75,60.

For more information or to purchase tickets for these and other shows visit www.schleyerhalle.de.

Three Musketeers, the musical

SI Centrum's Palladium Theatre presents the swash-buckling musical smash, "The Three Musketeers."

Tickets range from 40 to 139 euro depending on seating and may be purchased by calling 01805-4444.

The theater is located on Plieningerstraße 100, which is a short 5-minute walk from the main gate on Kelley Barracks.

For more information on dates and times visit the SI Centrum online at www.si-centrum.de.

Fussball in Stuttgart

Catch live Bundesliga action when VfB Stuttgart takes on FSV Mainz **May 5**, 3:30 p.m., in Bad Cannstatt's Gottlieb-Daimler Stadium (S-Bahn Neckarstadion).

For tickets visit www.vfb-stuttgart.de or stop by the stadium's ticket box on game day.

DAZ events in May

John Stauber, founder of the non-profit Center for Media & Democracy, will read selections from his new book "Toxic Sludge is Good for You!" **May 3**, 7:30 p.m., in the Deutsch-Amerikanisches Zentrum. Publisher's Weekly describes the book as a "chilling analysis of the PR business." The visit is part of the DAZ's "Meet the Author" series.

Crister Garrett, Ph.D., professor for American Foreign Policy and International Studies at the University of Leipzig, will deliver the lecture, "Europe - U.S.A.: 50 Years Treaty of Rome," **May 8**, 6 p.m.

The center is located at Charlottenplatz 17 (U-Bahn 5 or 6). For a complete list of DAZ-sponsored activities visit www.daz.org or call 0711-22-8180.

Spring fest opens at the Wasen

The 69th edition of Stuttgart Frühlingsfest (Spring Festival) will be open daily until May 13.

Held in the Cannstatter Wasen, the fest is one of the largest spring festivals in Europe, with some 1.5 million expected visitors, according to the Stuttgart tourism Web site (www.stuttgart-tourist.de). The extensive Wasen grounds are located in the Bad Cannstatt district, near the Neckar River.

With rollicking fest tents, wild rides, cultural displays and games galore, Frühlingsfest is a popular destination for both family-friendly afternoons and more adult-oriented outings. The festival's Firewords and Music Night will light up the sky **May 13**, 9:45 p.m.

For more information about the Cannstatter Frühlingsfest visit www.stuttgarter-fruehlingsfest.de. The festival is open daily 11 a.m. to 11 p.m. The easiest way to get to and from the fest is via public transportation. Take S-Bahn trains 1, 2 or 3 to the Bad Cannstatt stop, which is a short walk to the fest grounds.

Fashion exhibit at IFA

Germany's leading institute on foreign cultural relations is headquartered right here in Stuttgart.

This month, the Institute für Auslandsbeziehungen, or IFA, hosts the exhibit, "Mode Made in Magnolia," a visual journey through the fashion trends of the Orient. The gallery is located on Charlottenplatz 17. To get there, take city train U5 or 6 to the Charlottenplatz stop.

Opening hours are Tuesdays to Fridays, noon to 6 p.m., and weekends, 11 a.m. to 4 p.m. Additional evening hours are Thursdays until 8 p.m.

For more information visit www.ifa.de. The exhibit is open until **May 27**. Entrance is free.

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